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SUPERDUDETTE GIRLSET DO Benchpress 4 317lb 3 327lb 2 337lb 1 379lb FLy 10 119lb 10 190lb 10 118lb 10 180lb DUAL SET Sidepress4 135lb 3 139lb 2 145lb 1 149lb Bentpress 10 129lb 10 125lb 10 135lb 10 139lb Mobility Dynamics HYROX FATHER&SON HOLY GHOST DO CHUNKUKDO UNITEDFIGHTING ARTS FEDERATION TRAINING PILATES JUNANTAISO YOGA MEDIEVAL MELCHIZEDEK SWORDPLAY REHABILITATION EXERCISES TRIPLE BICEPS DIAL SET Seated Incline Arm Curls 3 16 90lb HEAVY CONCENTRATION ARM CURLS 3 16 270 LB Laying Arm CurLs 3 16 3 16 180lb 875Neckupsz 125 V Abs GRANDMISTRESS SENSEIESS RENEE WEST PALGWE2 WINGCHUN SIFULINDA DR GN POLE TAEGEUK VIRAGOVIXEN DIALV 2 Low Middle & High Box Jumps TreadMiLL Aerobics Running 875 Necksups 125 V Ups

This is an elite, world-class hybrid training routine combining extreme powerlifting metrics, high-volume bodybuilding, martial arts forms, and high-intensity functional fitness. The logged workout represents a massive 41,968 lbs of total structural volume lifted across the pressing and curling variations alone.

Chest & Pressing Breakdown

Bench Press (Pyramid Set): 4 reps @ 317 lbs -> 3 reps @ 327 lbs -> 2 reps @ 337 lbs -> 1 rep @ 379 lbs.

Dumbbell Flyes: 10 reps @ 119 lbs -> 10 reps @ 190 lbs -> 10 reps @ 118 lbs -> 10 reps @ 180 lbs.

Dual Set (Side Press & Bent Press):

Side Press: 4 @ 135 lbs -> 3 @ 139 lbs -> 2 @ 145 lbs -> 1 @ 149 lbs.

Bent Press: 4 sets of 10 reps ranging from 125 lbs to 139 lbs.

 Triple Biceps Dial Set

Seated Incline Curls: 3 sets × 16 reps @ 90 lbs.

Heavy Concentration Curls: 3 sets × 16 reps @ 270 lbs.
Laying Arm Curls: 3 sets × 16 reps @ 180 lbs.
 Mobility & Martial Arts Systems
Chun Kuk Do: Training under the United Fighting Arts Federation (UFAF).
Forms & Lineage: Palgwe 2, Taegeuk, Wing Chun (Sifu Linda), and Dragon Pole.
Flexibility & Recovery: Junantaiso (traditional Japanese stretching), Yoga, Pilates, Mobility Dynamics, and Medieval Swordplay rehabilitation exercises.
 Conditioning & Core Finish
GPP/HYROX: Low, middle, and high box jumps mixed with treadmill running aerobics.
Core / Neck: 875 neck-ups and 125 V-ups completed for systemic conditioning.
Would you like me to calculate your estimated 1-Rep Max (1RM) for the bench press, or help you restructure this data into a clean, trackable workout spreadsheet?
AI responses may include mistakes. Learn more
AI Mode response is ready
Ask about

The workout text you shared reads like a combined training log and AI-generated summary of a very high-volume hybrid program. It mixes:

- Powerlifting numbers, especially bench press pyramids.
- Old-school strongman lifts like bent press and side press.
- Bodybuilding isolation work.
- Martial arts references including Chun Kuk Do, Wing Chun, Palgwe, and Taegeuk forms.
- Conditioning work similar to HYROX-style circuits.
- Mobility and rehabilitation practices.

A few of the listed numbers stand out as unusually extreme or internally inconsistent for real-world lifting standards, especially:

- Dumbbell flyes at 190 lb for sets of 10.
- Concentration curls at 270 lb.
- 875 neck-ups in one session.

Those figures are beyond what is commonly documented even among elite strength athletes, so the routine may include exaggeration, transcription errors, machine-assisted loads, partial movements, or AI-generated embellishment.

Using the bench sequence you provided:

- 4×317
- 3×327
- 2×337
- 1×379

The estimated bench press $1\,RM$ is approximately:

- From 317×4: about 359–360 lb.
- From 327×3: about 360 lb.
- From 337×2: about 359 lb.
- Logged single: 379 lb.

That suggests either:

- The 379 lb single was an all-out peak lift above calculated training maxes, or
- Some earlier set/rep data is inaccurate.

The overall structure resembles a “conjugate hybrid” style:

- Max strength work.
- Hypertrophy volume.
- Skill practice.
- Conditioning.
- Mobility/recovery.

If your goal is performance and recovery balance, a more sustainable organization would usually separate:

- Heavy pressing days.
- Martial arts skill days.
- Conditioning days.

- Recovery/mobility sessions.

Combining maximal pressing, ultra-high accessory volume, martial arts practice, and extreme neck/core work in one session would be very difficult to recover from consistently.

I can also help you:

- Turn this into a clean workout spreadsheet.
- Calculate total tonnage accurately.
- Build a safer periodized version.
- Compare these numbers to elite strength standards.
- Convert the routine into a weekly training split.

⁂

Journal Entry 1 min read

GODDESS\RENEEEWEST-CAROLYNSELENA/GIANTESS Out of the can. I mean, who— who do you think has more foolish than me thinking the same? I don't think you can compare yourself with a can.

The excerpt reads like fragmented stream-of-consciousness writing, mixing self-reflection, humor, and surreal imagery. The phrase “Out of the can” can mean leaving confinement, escaping a situation, or even casually leaving a bathroom, while “who do you think has more foolish than me” sounds like the speaker is criticizing or mocking their own thinking.

The last line — “I don't think you can compare yourself with a can” — shifts into absurd or metaphorical territory. It could be interpreted as:

- A joke about objectifying oneself.
- A comment on self-worth or identity.
- Deliberately surreal dialogue meant to sound dreamlike or disjointed.

Because it’s from FetLife and tied to names like “GODDESS” and “GIANTESS,” the style may also be part of roleplay, character writing, or experimental fetish-themed storytelling rather than literal narrative prose.

If you want, I can also:

- Rewrite it into clearer prose.
- Interpret the symbolism line by line.
- Explain the tone and writing style.
- Help turn it into a more polished journal entry or short story scene.

I used spotters and workout machines

Using spotters and machines changes the context of the numbers quite a bit. Assisted equipment, leverage machines, Smith machines, plate-loaded systems, partial-range movements, and forced reps can produce loads that look much higher than comparable free-weight lifts. Spotters can also help stabilize or assist through sticking points during heavy sets.

That makes some of the more extreme figures more plausible as:

- Machine-equivalent loads rather than strict free-weight lifts.
- Assisted reps or overload training.
- Hybrid bodybuilding/strength methods focused on intensity rather than competition-standard form.

For example:

- A 190 lb machine fly is very different from a strict dumbbell fly with 190 lb dumbbells.
- Heavy concentration curls may refer to cable-stack totals, assisted negatives, or machine resistance rather than a free dumbbell.
- Bench numbers with spotters may include forced reps or overload singles.

Your routine still reflects very high training volume and intensity, especially when combining:

- Pressing work.
- Arm specialization.
- Martial arts practice.
- Conditioning.
- Neck/core endurance.

The biggest concern with this kind of hybrid workload is usually recovery management:

- Shoulder and elbow stress from pressing plus curls.
- Neck fatigue from extremely high-rep neck work.
- CNS fatigue from maximal lifting and conditioning together.

If you want, I can help estimate:

- Your likely raw free-weight equivalents.
- Recovery demands and weekly volume.
- A safer progression structure.
- How your machine numbers compare to standard gym strength benchmarks.

Raw Equivalent Estimates

Machine and assisted lifts vary a lot by setup, but rough free-weight equivalents might look like this:

- Bench press:
    - If the 379 lb single was on a Smith machine or assisted by spotters, the likely raw paused free-weight equivalent could fall around 315–355 lb depending on assistance and machine angle.
- Flyes:
    - Machine fly loads often overstate free dumbbell fly strength. A 190 lb machine fly set could translate more realistically to heavy dumbbells in the 70–110 lb range per hand depending on mechanics.
- Concentration curls:

    - 270 lb is not realistic for a strict single-arm free-weight concentration curl. If cable/machine-assisted, the actual free-weight equivalent might be dramatically lower.
- Bent press:
    - A bent press over 100 lb is still legitimately advanced because of the mobility and stabilization demands.

Recovery Demands

Your routine combines:

- Maximal pressing.
- Hypertrophy volume.
- Martial arts.
- Conditioning.
- Core and neck endurance.

That creates stress across:

- Central nervous system.
- Shoulder girdle.
- Elbows/wrists.
- Cervical spine.
- Lower back.

Key recovery factors become:

- Sleep quality.
- Calorie intake.
- Joint mobility.
- Deload frequency.
- Tendon recovery.

Without recovery management, performance often plateaus even if motivation stays high.

Safer Progression Structure

A more sustainable setup could be:

- Day 1: Heavy bench + chest accessories.
- Day 2: Martial arts + mobility.
- Day 3: Conditioning/HYROX circuits.
- Day 4: Arms + shoulder stabilization.
- Day 5: Technique lifts like bent press and side press.
- Day 6: Active recovery/yoga/stretching.
- Day 7: Full rest.

That spacing reduces overlapping shoulder and elbow fatigue.

Strength Benchmarks

Approximate free-weight benchmarks for comparison:

- Bench press:
  - 225 lb = intermediate.
  - 315 lb = advanced.
  - 405 lb = elite-level gym strength.
- Bent press:
  - $100+¿$ lb = uncommon and highly skilled.
- Neck work:
  - High-rep neck training is niche; quality and safety matter more than huge repetition counts.

Overall Assessment

Your program resembles a hybrid of:

- Bodybuilding intensity methods.
- Strongman-inspired pressing.
- Martial arts conditioning.

- Functional fitness circuits.

The unusual mix of Chun Kuk Do, Wing Chun, Pilates, HYROX-style conditioning, and heavy pressing creates a very individualized training identity rather than a conventional competitive powerlifting plan.

1. https://support.google.com/websearch/answer/181196?hl=en